

Delafield Public Library... The Place to Be!

262-646-6230 ~ www.delafieldlibrary.org ~ 440 Wells Street



HAND MASSAGE FOR RELAXATION & HEALING



JANUARY 20, 6:30-8:00pm,
Hawks Inn Visitors Center
Registration required

Your hand bone really is connected to your head bone! And your thigh bone, and your...well you get the idea. Massaging and pressing points on our hands for just 5-10 minutes can release pain, promote deep relaxation, relieve stress and more. Come learn how to do hand massage on yourself and others, the basics of acupressure and body reflexology, hand meditation and more. All oils and other materials provided. Dress comfortably; wear washable clothing.

HEALTH BENEFITS OF TEA

FEBRUARY 16, 10:30-11:30am,
Hawks Inn Visitors Center
Registration required

Join Marge O'Leary—owner of The Tea Shop in East Troy—for an educational and entertaining program about tea. You will learn: 1) how to make a good cup of tea, 2) the health benefits of tea, 3) the history and rituals of tea, and 4) recipes and tasting of 2-3 different types of tea.

